



**Energize** individually with fruits, vegetables, and physical activity.

**Recommended Websites on “How To” increase Fruits and Vegetables:**

[www.5aday.com](http://www.5aday.com)  
[www.5aday.gov](http://www.5aday.gov)  
[www.mypyramid.gov](http://www.mypyramid.gov)

**Recommended Websites on “How To” increase Physical Activity:**

<http://dhfs.wisconsin.gov/health/physicalactivity/>

**Mobilize** those around you to make nutrition and physical activity more accessible in your community.

**Recommended Websites on “How To” Mobilize within Your Community:**

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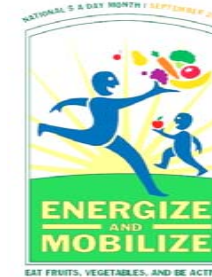
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